

Why Have a Parenting Support Program in Prison?

"There is evidence that maintaining contact with one's incarcerated parent improves a child's emotional response to the incarceration and supports parent-child attachment."

-LaVigne, N.G., Naser, R.L. Brooks, L.E. & Castro, J.L. (2005). Examining the effect of incarceration and in-prison family contact on prisoners' family relationships. *Journal of Contemporary Criminal Justice*. 21(4).

Regular visits help both the children and the parent deal with separation and other feelings -Denise Johnston, Center for Children of Incarcerated Parents, 1996

"Coming to the FCC, I learned better communication skills with my partner, family members and my kids. And how to listen. I learned different ways of giving rewards and having discipline." _ Incarcerated parent

"We are able to express our guilt and fears and our love and dreams for the future." - Incarcerated parent

Resources

The Waypoint **Family Support Warm Line** can be reached at **1-800-640-6486** Monday through Friday from 8:30-4:30 pm. It is not a crisis line but a resource and referral line for Waypoint programs as well as community supports.
www.WaypointNH.org

The Nat'l Resource Center on Children & Families of the Incarcerated A website full of information for families of inmates. <http://nrccfi.camden.rutgers.edu/>

Family Support NH A network of family support centers & resources throughout NH.
www.fsnh.org

Www.211nh.org or call **211** for social service referrals.

The Family Connections Center (FCC)

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The Family Connections Center

www.nh.gov/nhdoc/fcc



Family Connections Center-
FCC-NHDOC

*Strengthening the
connection between
incarcerated parents and
their children*

The New Hampshire Department of
Corrections

www.nh.gov/nhdoc

What is the Family Connections Center?

Since 1998, the Family Connections Center, a family support program, has existed at the NH Department of Corrections. Today the program operates in all 3 NH State Prisons & minimum security units. The mission of the Family Connections Center is: *to strengthen the connection between incarcerated parents and their families while facilitating ties to their communities through education & support.*

The Family Connections Center (FCC) works with State and community-based, non-profit agencies to provide services for incarcerated parents & their children. The FCC is an educational support for incarcerated parents, their children & their children's caregivers. FCC creates opportunities for healthy parent-children interactions. Much of FCC programming is funded by grants and donations.

A person's crime and behavior in the facility may not allow them to participate



What is the FCC Parenting Program?

Parenting Education Class (18 hrs.) -

General parenting education class with a focus on the unique struggles of parenting from prison. Topics covered include child development, discipline, child's self-esteem, maintaining relationships with children's caregivers, & how to be an involved & supportive parent while living away and highlights how to co-parent in a healthy manner. *This must be completed in order to participate in all other FCC parenting programs.*

Weekly Parenting Support Groups (1 hr.) -

These groups offer incarcerated parents an opportunity to share and learn from one another and discuss current issues in parenting.

Healthy Relationship Class (10 hrs.)- Focuses on what healthy relationships are; how to create and maintain them through positive communication between couples, adults & kids.

Seminars- Presenters from community and State agencies and independent professionals volunteer their time to teach classes & seminars about families, parenting and related life skills.

Audiobooks- Parents record books on CDs or digital file that is sent to their children along with new books. Kids are able to stay connected to their parent and & can help promote literacy as the child reads along with their parent.

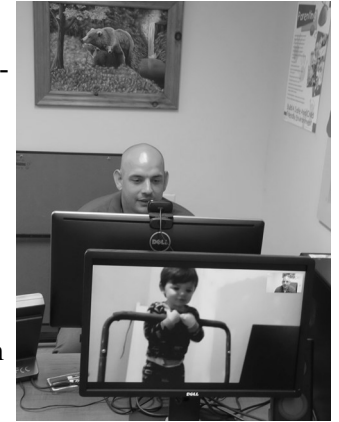
Family Reentry Planning (FRP)- mediated discussions via video visiting between incarcerated parent & their child's caregiver to discuss their reentering their child's life in person.

Refresher 4 Reentry (R4R)- in-person & remote refresher parenting class.

Family Ties program— Parents can participate in family counseling with their children and their caregivers to better co-parent & help children who are having difficulties via tele-visiting.

Phone Calls, Courts & 1:1's- If time &

space permits, staff will meet with FCC participants individually & set up phone calls with DCYF, kid's schools, IEP's, Child Support etc.



Video Visits-

Kids can visit with mom or dad from anywhere that has an internet connection. Visits are monitored by family specialists who provide feedback to the parent on their use of positive parenting techniques. **Visits give children & their parents the opportunity to build or renew attachments which help strengthen families.** Healthy communication can help the children adjust to the separation. Kids can show mom or dad their toys, their room, a new pet or do homework together.

FCC Newsletter- Upcoming FCC events and parenting information is sent out monthly.

A Community Connection- FCC links families to services & resources in their communities, and those located throughout NH.

Children of Incarcerated Parents summer Camp— FCC partners with Waypoint & Camp Coniston to host a 2-wk.session for kids to come into the prison for 2 days with mom or dad. Private donations fund this program.

Throughout the year, parents can create fun cards & crafts to send to their children!